Willimantic, Danielson and Putnam

Harry, "but perhaps he is a sen-ator." The executive session con-tinues. Later The Bulletin man cails

on Mayor Dunn at his store and finds

him in deep meditation with the re-porter of the municipal ring's local organ. "Mayor," said the Bulletin

man, "will you tell me the out-of-town member of your party at the Hooker house banquet tonight?" His honor

replied: "Guess he is an old friend

of mine from New York. I can't find his card and have forgotten his name." "Good night, Dan," said the Bulletin scribe. The fact is, Mr. Cun.-mings came here to play cards in the ice pinochle contest. He held the clubs of bluw and his play is to be an ox-

of bluff and his play is to be an os-tensible purchaser of the Ayer, Eaton and perhaps the city's loc stock, or to force C. E. Leonard to purchase all

the local ice product possible, it is said at figures as high as \$4 per ton.

The New Haven gentleman, accord-

ing to Mayor Dunn's press agent, is an ice trust-buster. At midnight the mayor and his New Haven host climb-

lommon Sense suggested that human

nature sees a reasonable profit in ice for Willimantic at a reasonable price

to be governed by competition, and that local and outside investors will compete to take care of the Thread City's milk and butter this summer

and supply ice at a reasonable price

OBITUARY.

Mrs. George E. Clark.

Mrs. George E. Clark, who died at Mansfield Center, Tuesday afternoon, was a native of Prince Edward island. She leaves her husband, George E. Clarke, and five children, Edwin, Florence, May, Lester and Ruth and one grandchild, Charles D. Clarke, all of Mansfield.

Frank S. Fowler.

Frank Seaman Fowler, formerly of Willimantic, died at Amesbury, Mass.

Tuesday night. He was a native of Goshen, Lebanon, born March 3, 1851, the son of Amos T. and Ann Eliza (Seaman) Fowler. He was engaged in

the hardware business in this city with his father. A little over fifteen years ago he moved to Massachusetts. He

eaves his widow and a son, Amo

The body will be brought to this city this efternoon and taken to the home

No Dissatisfaction Among Employes.

George B. Younger, a representative the Connecticut Neckwear company,

operating a plant in this city, denies the allegation of a representative of the Neckwear Workers' union of New

York that the local company installed its Willimantic plant because of dis-

satisfaction among the company's em-

Welcomed Congressman Mahan.

London was in the city Tuesday even-ing. Local candidates to succeed Fostmaster Dimmick gave the con-

tion with a salary of not less than \$5,000 a year, and the appointment will be announced within a few days.

Hurdy Gurdy Dance.

dance at the new armory Wednesday evening that was heartily enjoyed by the large number present.

Eye Badly Injured.

While driving a skewer into a piece of meat, the point fiew up and entered Fred Sheapaum's left eye, lacerating the eyeball, necessitating the attention

Will Address Grex Club.

The Grex club, after enjoying, an excellent supper Tuesday evening at

the Congregational church, transacted routine business. Rev. M. R. Plumb of Windham has been invited to ad-dress the club at the Sunday school

Consulted With State Commissioner.

Highway Commissioner Charles .

Highway Commissioner Charles J Bennett met City Engineer R. E. Mitchell at Hartford Wednesday to consult him about the proposed stretch of state road in Willimantic which will take in Columbia avenue. The question at issue the past two years has related to the relocation of the railroad crossings. The New York, New Haven and Hartford railroad objected to the change in location of crossings. Mr. Bennett has been conferring with the railroad officials about this and states that he hopes to have the construction work started soon.

Expert Pool Playing.

St. Louis Kid. W. E. Baker, a pool expert of national fame, is to play an exhibition game of 125 points with Albert Benoît at Roy Cummings' this evening. Previous to the game Baker will give an exhibition of fancy pool shots. The exhibition is public.

News in General.

Daniel F. Kilourey has retired from the firm of Kilourey Brothers and the business will be continued by Thomas

The Young Giants baseball team, averaging 14 years of age, is made up of the following members: Walter Cochrane, Edward Sullivan, Raymond Jennings, Arthur Fortick, Edward Authier, Michael Demarco, Bernet Sheehan, Louis Rollin and Andrew Casey.

The Ins and Outs, two bowling teams from Carpenter Brothers' store,

contested bowling supremacy at a lo-cal alley Tuesday evening with the fellowing result: Ins 209, Outs 190, The In bowlers were B, Thompson, Graudreau, MacArthur; Outs, John-son, Carpenter and Rivard.

Personals.

Steeple Tem Fitzpatrick has gene to Besten to climb to dizzy heights.

Mrs. K. Rathbon, Park street, is en-tertaining her brother, C. L. Jones, of

Rev. E. P. Ayes, who has been visit-ing his mother in Hartford, returned Monday to his home in Mansfield Cen-

Keep Them Apart,

"The ancient question is likely to be renewed. "What shall we do with our ex-Presidents"—Columbus S. C. State.

of an eye specialist.

session next Sunday,

Company L conducted a hurdy gurdy

Congressman Bryan Mahan of New

of Mrs. Amos T. Fowler, Bostreet, mother of the deceased.

WILLIMANTIC

What Is Going on Tonight. cial Meeting A. C. Tyler Camp, U. S. W. V., New Armory, nel May Sherey Company, Loomer Armory, 14 Hurdy Gurdy Dance, Armory, ort Windham, No. 97, F. of A., 25 er Street.
irt Fabre, No. 3495, L. O. F., K.
Hall. Thread City Cyclers' Quarterly Meeting. Ciub Rooms.
Obwebetuck Lodge, No. 16, I. O. O. F.,
Odd Fellows' Hall.

LOCAL BANKS NOT AFFECTED. Will Suffer No Loss by Banking Trou-

There are, it is said forty shares of the Norwich First Mational bank stock held in this city. The Windham National bank is not affected by the Norwich bank's troubles. They carried a reciprocal account which shows a balance of less than \$500 due the Norwich bank. The/Willimantic Loan and Trust company is in no way the Noswich bank's creditors. They re-calved a check of \$100 on the First National bank of Norwich, Tuesday morning for deposit, but this check was later withdrawn from the depositor's account. Local banking cir-cles were also interested in the news that the Thames Loan and Trust company had also closed its doors for business. A leading financial au-thority of Williaminite states that this city's financial interests will not be at

Incorporated 1842

"Big Oaks from

Little Acorns Grow"

No better birthday gift for the children than to make a dollar deposit for every year of their age at this solid and progressive savings institute.

The Willimantic Savings Institute

W C. MURRAY, President N. D. WEBSTER, Treasurer

Auto Truck Moving LONG DISTANCE WORK A SPECIALTY

Addresst P. A. WEEKS, or 'Phone \$50-2, 238-12 or 254-5, Willimantio Ct.

DR. F. C. JACKSON, Dentist Painless Extracting and Filling a Specialty 752 Main Street. - . Willimantic Telephone

JAY M. SHEPARD succeeding ELMORE & SHEPARD tuneral likector and Embalmer 60-62 North St., Willimantic Tel. Connection Lady Assistant

A nice variety of Fresh Fish, also Scalleps, Oysters and Claims, at UTRONG'S FISH MARKET, 28 North

GEO. C. MOON, Optician If you don't need them, you will be honestly advised NOT to wear glasses if your eyes are exam-ined here,

728 Main St., Willimantic, Ct. Telephone

HIRAM N. FENN FNDERTAKER and EMBALMER Lady Assi

all seriously affected by the difficulties of these two Norwich banks. The savings department of the Thames Loan and Trust company may have a few deposits from this section that are not thought to aggregate a large amount.

DECLINES REELECTION.

President J. L. Harroun Will No Longer Serve at Head of Y. M. C. A.

At the annual meeting of the Y. M. C. A., J. L. Harroun declined a re-election as president. President Har-roun, who has been the official head of the association for a long term of years, stated that while he was no less interested in association work, his increasing work as principal of the Natchaus wheel especially with the Natchaug school, especially with the larger work entailed by the prospective new building, would make his resignation imperative. These officers were elected: Fred D. Jordan, president; George Hall, (reelection). W. B. Watrous to succeed A. E. Stiles, vice presidents; E. F. Whitmore, Austin Boss and A. C. Andrew, reelected di-

rectors. President Harroun's annual eport reflected the prosperous condition of the association in its splendid new \$50,000 home. He referred to the admirable work of Secretary Doolittle and Physical Director McLaughlin. Secretary Doolittle reported the present membership 350, the largest in the association's history and contilined. ent memoership so, the largest in the association's history and outlined plans for the development of Bible classes, men's meetings and religious work. W. P. Barstow, E. Frank Bug-bee and S. B. Doolittle were elected a committee to recommend desired changes in the constitution.

Seriously III. Freeman Galligan, the 14-year-old on of Mr. and Mrs. Edward Galigan, remains in a critical condition.
Dr. Sullivan of New London was called in consultation Tuesday night and he expressed grave doubts concerning the boy's recovery.

Generous Donations to Flood Sufferers. There will be few, if any more generous or well-filled barrels of comfortable and practical clothing and supplies sent to the Ohio flood sufterers than the Good Samaritan bar-rels that will be sent from Williman-tic by the W. C. T. U. The contribuions received by Mrs. McCracken has been large and Hberal, it being notice-able that the Thread City is not send-ing the second-best to this worthy

Woman's Club to Repeat Plays. At the Woman's club's dramatics Tuesday evening, Miss Ruth Nichols contributed piano selections between the plays and Mrs. Persons, and Mrs. Caswell, was the accompanist. Much of the success of the affair is due to Mrs. C. A. Capen, who had charge of the rehearsals. The dramatics are to be repeated Friday evening and in the play. The Rising of the Moori, Principal Shattuck of the Model school is to take the part of one of the policemen in place of C. H. Caswell, who resigned from the force for that evening, not being able to be Tuesday evening, Miss Ruth Nichol.

St. Edward's Rector Entertained Home

evening, not being able to be

Town Friends. The local dramatic company who the local presented Just for Fun at St. Ediof conditions are enthusiastic concerning the England. generous entertainment provided for them by Rev. Felix J. O'Neill, rector of St. Edward's church.

Seniors Elect Committees. The senior class of Windham High school have decided not to have a class banquet this year. The class poem will be selected from the proflers. The class has ejected these com-mittees for commencement week: Senior reception, G. Raymond Young, chairman; Miss Marion Larrabee, Miss Hazel Mowry, Maurice Leonard and Donald French: class will, Finier Ellsworth, chairman, Miss Arline Thompson, Miss Helen Blakeslee, Ernest Place. Charles Pendleton and William Bransfield: class prophecy, Miss Myrtie Jordan, chairman; Miss Ruth Moulton, Miss Theda Champlin, Miss Loretta Curran and Francis Chicaling Charles and Prancis Chicaling Charles Part Charles Chicaling Charles Charle colne; class history, Miss Marion Raf-ferty, chairman, Miss Ruth Chaopel, Edward Lamb and Harold Nichols; decorations, Miss Margaret Jeweyt, chairman; Miss Myra Allen and Ralpa

Armstrong. Ice Trust-Buster Guest of Mayor. Tuesday night's act in the Willi-mantic ice drama, scene, the Hooker house dining room; dramatis personae, C; A. Cummings of New Haven, May-or Dunn and ex-Senator Gates scated at one table and the Bulletin repre-sentative at a table nearby, C. 2. Cummings the host of the mayor and his friend orders a feast of Landlord Winter's best for his guests. His honor smiles a pleasant "Good eve-ning" to the reporter. After dinner

COLDS CAUSE HEADACHE AND GRIP LAXATIVE BROMO Quining removes the cause. There is only One "BROMO QUININE" Look for signature of E. W. GROVE. 25c.

ATENTS

Protect your ideas. Handsome 60-page Guide Book Free. HARRY E. BACK, Attorney-at-Law. Windham County Savings Bank Bldg. Danielson, Conn.

Murray's Boston Store WILLIMANTIC, CONN.

Stylish Wash Dresses FOR STREET WEAR

These pretty little dresses have such an air of all around usefulness that they will interest all women with practical ideas.

They are made of ginghams in checks and stripes, chambrays and Bulgarian linen in broken checks, with turn down collars of cotton pique, ratine or contrasting materials edged with lace, some have collars and cuffs to match, all designed on clever, practical lines, and perfectly made from collar to hem.

\$2.89, \$3.50, \$5.00, \$5.89, \$6.50 and \$7.50

THE H. C. MURRAY CO.

cigars are lighted, the Bulletin re-porter retires and the dining room doors are closed. "Who was the New Haven stranger," said the represen-tative of the press to Harry, the gen-ial hotel clerk. "I don't know," said DANIELSON

Two New Fire Alarm Boxes-Petition to Restore Name of Mechanic Street-William Marland Praised in Worcester-Warden Bullard Enters on Fourth Term.

Frank Young is an additional subing an hour each evening.

Leonard H. Healey of North Woodstock was in Danielson Wednesday.

C. A. Tillinghast was at Jewett City Wednesday, engaged in loading twenty cars of lumber.

Mr. and Mrs. John Fournier of the West Side have learned of the death relative, Mrs. Austeria Lacasse

Rum His Undoing. H. C. Knight was again before the town court Wednesday, appealing for the second time within a few days from a jail sentence for intoxication.

To Plan for Memorial Day. At a meeting of McGregor post, G. A. R., scheduled for Saturday, plans for Memorial day will be discussed.

Judge Tucker on Bench. Deputy Judge James N. Tucker of East Killingly presided at the session of the town court Wednesday morn-There was only one session

mayor and his New Haven nost climb-ed to the heights of the executive res-idence on Summit street to hear what the Frogs of Old Windham might pre-scribe for cholera infantum in the dying condition of the municipal Le baby. The sunshine broke through the clouds Wednesday afternoon and Common Sense supressed that human graded schools in Danielson Wednes-day on account of the severity of the storm, the no-school signal being blown on the fire alarm at 11.30. Many ils were absent from school at morning session. Two New Fire Alarms.

The two new fire alarm boxes to be placed are to be numbered 15 and 35. No. 15 will be on Dyer street, No. 35 at the corner of Stearns and Main streets. Provision for the installation of these boxes was made when the fire alarm telegraph system was installed a few years ago. so the sequence of numbers in any street will be gradually worked out.

Sportsmen Pleased. Local fox hunters who hunt for the sport and not for the profit incident to a successful day on the trail of reynard, are very well pleased over the passing by the house at Hartford of the bill that prevents the snaring of foxes. By using snares and scented bait, it is alleged, trappers have cap-tured large numbers of foxes; likewise large numbers of dogs, some of them valuable fox hounds, following hot on a trail. A brass wire noose tighten-ing about the neck of costly dogs has more than once meant the doom of a \$50 or \$75 animal, for their owners seldom discover them in time to save their lives. Owners of dogs have frequently gone to the extent of cursing the snarers work as they have looked mon a great hunting dog, dead from

Corn Clubs Planned. Following announcements sent out by Leonard H. Healey of North Wood-stock, member of the state board of agriculture, boys in this and surrounding towns are preparing to enter as contestants for the prizes offered to those who make the best showing in the boys corn clubs this summer. The scope of the work and attempt to arouse interest by the state board

is greater than ever this year. Name Distasteful.

satisfaction among the company's employes in the metropolis. Mr. Younger says the scale of wages paid to his concern's help in New York was higher than was demanded by the union and that 80 per cent of his New York force desired to come to the Williamantic plant to work. He claims the level perkieser show is in the best A petition that asks for the calling the local neckwear shop is in the best of condition along scritary lines, and the market for their product is New of a special borough meeting for the purpose of rescinding the vote chang-ing the name of Mochanic street to Connecticut Mils avenue was put in circulation Wednesday evening and as soon as a sufficient number of names have been appended it will be presented to the warden and court of burgesses gressman a very cordial handshake.
Advices from Washington seem to
make Postmaster Dimmick secure as
the head of the Willimantic postoffice.
Town Clerk Fentan who is a world.

Marland's Good Work for Worcester. on the diamond as a pitcher for the Williamster postmaster, heartly endorses President Wilson's policy of leaving well enough alone until Postmaster Dimmick's term expires. It is stated the removal of John de Vicq's family to the capital means that this prominent democratic politician has the support of several members of President Wilson's cabinet for a postmany came Tuesday, when pitching a full nine innings for Worstand has lectured on substant this prominent democratic politician has the support of several members of President Wilson's cabinet for a postmany came Tuesday, when pitching a full nine innings for Worstand has lectured on substant this prominent democratic politician has the support of several members of 2 to 1. Marland's performance was president Wilson's cabinet for a postmany came Tuesday, when pitching a full nine innings for Worstand has lectured on substant to the capital means that this four hits, beating them by a score of 2 to 1. Marland's performance was so highly creditable against one of an address which he delivered be-

the very best teams outside the major eagues that his chances for becoming a member of the regular pitching staff of the Worcester team seem exceed-

of the Worcester team seem exceedingly bright.

The following comment on the game and on Marland's work is taken from a Worcester paper of Wednesday:

"The Danielson recruit, Marland, pitcheer the Busters to victory. He wasn't hit to any extent by the Royals and they didn't threaten the plate very seriously until they scored in the ninth inning. A single followed by a double gave the run. Marland finished in a most effective manner, retiring the side with a man on third and only one out.

out.

"His work gained him frequent praise from the fans. They were much impressed with his pitching on account of the inability of the Montreal men to hit him."

The paper further states that the Montreal team had its very best men in the game, the strongest team it could possibly muster. The Canadians expected a sure win and this was conceded to them by all the fans on the ground, as two days before, with only substitutes playing, Montreal had defeated, and easily, the New Haven team. Up to the fifth inning not a member of the Royal team got past first base and not until the ninth did first base and not until the ninth did the Royals get their solitary run of the game, so effective was Marland's pitching. This is considered remark-able, as the Montreal team is well developed, having just returned from a month's training trip in the south. During the game Mariand struck out four men, gave four bases on balls and held his opponents to four hits.

FOR FOURTH YEAR. W. I. Bullard Entering Upon Another Term as Borough Warden.

Warden W. I. Bullard, about to enter upon his fourth year of service at the head of the borough govern-ment, has made Danielson a very ef-ficient official. Warden Bullard was



WARDEN W. I. BULLARD

born in Waltham, Mass., February 21, 1881, his father at that time being an official of the Waltham Watch com-Warden Bullard attended the dence, later studying at Boston uni

Upon completing his studies he en gaged in newspaper work, a calling which he followed for six years, eventually becoming an editor of the Wall Street Journal. Upon retiring from newspaper work he became identified with a banking business for a year and a half. Eight years ago he came to Danlelson and became associated with the Jacobs Manufacturing company of which he is new vice president.

Since coming here Mr. Bullard has been active in public affairs. A not-able achievement was the arranging by him and the consummation of a William Marland, formerly a star deal that is to bring a very valuable industry here—the sale of the plant eems to be entering upon a career in the diamond as a pitcher for the facturing company at Williamsville

fore a meeting of the National Association of Cotton Manufacturers, the address being used as having an important bearing on tariff schedules then under discussion. Up to two years ago Mr. Bullarg was an editor of a textile magazine, published in the south

a member of the board of relief of the town of Killingly. He is a mem-ber of the local Masonic organizations, a member of the prudential committee of the Congregational church, assist-ant treasurer of the Killingly Manu-facturing company and secretary of the Bullard company of Boston.

Hose Company's Officers. Following are the newly elected of-cers of Minnetexit Hose company ficers of Minnetexit Hose company No. 1: Foreman, Cassius A, Hamilton assistant foreman, John S. Jaegar; secretary and treasurer, W. Fenner Woodward; steward Frank Pero; sick committee, John S. Jaegar; Gurdon E. Withey, Charles Rapp; entertainment committee, Gurdon E. Withey, Amadee Bernier, J. Howard Burdick.

Goes to Stamford. Orrin C. Fuller, formerly test man at the local control telephone office, has gone to Stamford, where he will be employed in the electrical department of the N. Y., N. H. and H. R. R. company. Mr. Fuller's home is in Putnam

No Game with N. F. A. On account of the severe storm of Wednesday the baseball game scheduled to be played between Killingly high school and Norwich Free Academy was cancelled.

NO REDUCTION OF FARE. Plainfield Petition Turned Down by Public Utilities Commission.

Hartford, Conn., April 16.—In a finding made public today the public utilities commission denies the petition of residents of Plainfield, which alleges that the troller service of the Connections of the connections. Connecticut company in Central VII-lage, Wauregan and Plainfield is inlage, Wauregan and Piainfield is in-adequate and unjust and that the fares are unreasonable. The commission recommends that the company pro-vide reasonable facilities for the com-fort of its patrons at terminal points.

PUTNAM

Joseph H. Cole Combats Vaccination -Alfred Lafontaine and Armand Bibeault Wanted for Forging Checks-Surprise Party for Mrs. Harold Gil-

Attorney Charles L. Torrey was in Mrs. Jerry Labby was a recent vis-ftor with friends in Providence. George C. Willis of Fiolyoke was a George C. Willis of fiolyoke was a visitor with relatives in Putnam Wed-

Practically all the losses resulting from the recent fire at the Fair Grounds have been adjusted. Arbor Day Exercises

In the grades of the Israel Putnam school on Friday (Arbor day) the teachers will have charge of special programmes. Special Train for Odd Fellows

Arrangements have been made for a day morning for the accommodation of the members of the local lodge of Odd Fellows who are going to Worcester, with the Webster lodge, for the big Odd Fellows' observance in that city Held No Paper of Norwich Banks.

When the difficulties in which two Norwich banks are involved became known here Wednesday afternoon there was an immediate flurry of in-terest as to whether any financial paper that has recently greatly depreci-ated in value was held by the local banks, such as U. S. Finishing com-pany steck. Cashier G. Harold Glipatric said that the Putnam Nations not a cent's worth of the stock mentioned, and never has had. The Put-nam banks are in no way involved.

Seven Deaths During Past Month.

years, the infant mortality being 28.5 of the tota; mortality.

Other statistics in the report show ten births and ten marriages in Putnam during February. Eastford and nam during February. Eastford and Hampton are two Windham county towns from which no deaths were reported during March.

FUNERAL.

Mrs. Mathildie Robillard. At St. 'Mary's church the requiem mass. Burial was in St. Mary's cometery. L. E. Smith was the funeral director.

AGAINST VACCINATION. Joseph H., Cole Benews in Roxbury the

Fight He Made in Putnam. Joseph H. Cole, Bower street, Rox-bury, Mass., is getting a lot of pub-licity in Boston papers on account of his refusal to present his children who attend the public schools to be vac-cinated. Mr. Cole, who was a resident of the town of Putnam until a few months ago, had a similar difficulty in this town over the proposition to vac-cinate his children, about ten years

ago.

In reporting his present stand against the Roxbury authorities a Boston paper of Wednesday prints the following:

"I will let them prosecute me

the full extent of the law before I allow my children to be vaccinated. In order that they may astend the public schools of Boston, declared Joseph H. Colc of No. 83 Bower street, Roxbury, to the American today.

"I do not believe in vaccination in any form. It has caused death in my family, and there have been cases where school children have died from its effects. I have ten children all living and only one is vaccinated. It is my oldest son, and he was vaccinated when he joined the United States army

"Cole recently moved here from Putnum, Ct., where he lived for twentythree years, At Putnam hs children attended the public schools will hour having to be vaccinated, after Cole fought the school officials for nearly a year and was threatened with arrest.

'I went to the Roxbury High school with my daughter, Loula, 18 years old. She was refused admission on account of not being vaccinated. I shall continue to take her there every morning until she is admitted.

"T have two other children whom I want to get into the Lewis grammar school. They are 13 and 10, respectively. Then I have an 8 year old child

I am aware I will be prosecuted ! I keep my children out of school for this reason, but let them go ahead and prozecute. If the children can't get their education here they car some-where else. I will fight until my chil-dren are admitted to the schools. "Dr. William A. Gaillvan, head of the health department in the public schools, said of the case today:

"Cole come to me and asked to be enlightened as to the state laws regarding vaccination. I started to show "There is only one possible way for him, to have his children attend the public schools of Boston, and that is to get some doctor to sign a certificate stating that his children are not fit subjects for vaccination. If that die occur, of course we would have to ad

are pretty small.
"There is danger of his children being prosecuted by the truent officer if he intentionally keeps them out of

mit his children, but the chances o

OBITUARY.

Mrs. V. T. Wetherell. At East Woodstock Wednesday morning occured the death of Mrs. Eliza J. (Hyde) Wetherell, wife of V. T. Wetherell, at the age of 62 years. She had of Woodstock. She is survived by her husband, one daughter, Mrs. C. Frank Thompson of Worcester, and a son, George A. Wetherell of Woodstock.

(Additional Putnam News on Page 5)

Can't Get Away From It

Is it possible to nourish, strengthen and Rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why doesn't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fag and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure.

Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food: therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

If we desired to keep brain strong and healthy we would use food known to contain the things Nature uses for the purpose,

True, Nature provides these elements in a variety of edible things. We submit the following facts for those who care to know something definite on the subject:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Petash.

Analysis of Grape-Nuts shows Potassium and Phosphorous (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The grav matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate. (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life.

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as Nature furnishes it in vegetables, fruits and grain. To supply deficiencies-this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fag because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

that is broken down by lack of nourish-A peaceful and evenly poised mind is

necessary to good digestion.

Mind does not work well on a brain

Worry, anxlety, fear, hate, etc., etc. directly interfere with or stop the flow of Pivalin, the digestive juice of the mouth, and also interfere with the flow of the digestive julees of stomach and pancreas, Therefore, the mental state of the indi-

vidual has much to do (more than suspected) with digestion, Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts. We must remember that nearly 95% of the brain is composed of water and albumen, but the little worker Phosphate of Potash must be present in order to blend the more bulky materials into useable form.

So with Grape-Nuts. The Phosphate of Potash is more than one-half of all the mineral saits, but the total volume of those elements is exceedingly small as compared with the greater bulk of other food elements contained in Grape-Nuts.

We should also remember that this small ingredient should not be put into the food in the form it might come from a chemist, because man cannot produce these elements in as digestible a form as Old Mother Nature, when she puts them in the wheat and barley from which Grape-Nuts is made.

A healthy brain is important, if one

would "do things" in this world. A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in a very natural and perfect

Grape=Nuts

"There's a Reason"

Postum Cereal Co., Ltd., Battle Creek, Mich.